

Relax, Release, and Rejoin

The holiday season should be a time of enjoyment. Once the preparations are done, it's time to celebrate! However, all the noisy merrymaking can be overwhelming. Do not hesitate to take a "me" moment. Excusing yourself from the din will allow you to regroup and re-energize. When you are ready, rejoin the festivities.



Location, location, location

Although the gatherings you attend with your loved ones may be bustling with activity, find a quiet area for one-on-one conversations. This will help make your time more enjoyable. Whether at the dining table or on the sofa, place yourself in a "position of power." For example, take a seat against the wall: it acts as a barrier from the ambient noise and allows you to enjoy the conversation.

You can even arrive a bit early to scope out the best location. This will also give you a chance for some one-on-one conversation with the host before other guests arrive.



*Suggestions for people
who are Hard of Hearing*

Holiday Accessibility Guide

— Tips for attending holiday events —



The Holidays and Hearing Loss

The holidays are a time to get together with friends and family to celebrate and enjoy good food. However, these joyous occasions can be quite challenging for those of us who have hearing loss. Crowded rooms, background noise and group conversations can be overwhelming and tiresome.

To help deal with the onslaught of holiday parties and gatherings, here are a few helpful tips.



Express Yourself

Communication is key. If you are having difficulty hearing or are unable to communicate clearly, especially in loud situations, don't be shy. We at Hear Quebec live by ten golden strategies for communicating. We encourage you, as a person with hearing loss, to share these strategies with your family when you are out celebrating, in order to make your time as enjoyable as possible.

- Get my attention
- Face me
- Speak slowly and clearly
- Don't shout
- Using facial expressions and body language
- Rephrase rather than repeating
- Turn off background noise
- Use good lighting
- Use a pen and paper when necessary
- Don't cover your mouth while speaking

Telling family and friends how they can help you enjoy the occasion is a great way to educate them about the hard of hearing community. You will be surprised how willing people will be to help!

The Buddy System

The more the merrier! After all, this is the time of the year that we spend with friends and family. Have a friend come along as your designated buddy. They can be there as a support system, to help you break the ice or to relay messages that may have been missed. Remember, all good things come in twos!

